

Neighborhoods

Stamford—ONE GREAT CITY

DOWNTOWN—The Heart of the City

Stamford's Downtown offers a bustling business district, high-end residences, and dozens of art and cultural amenities, eateries and retail shops. Stamford Town Center contains 130 shops and restaurants. Downtown is home to restaurants, 4 major hotels, and 18 movie screens.

EAST SIDE

Stamford's East side enjoys consistent population growth with easy access to Interstate 95. Fitness and recreation facilities as well as fun eateries and fresh food markets are numerous on the East Side.

WEST SIDE

Stamford Hospital in the largest institution in the neighborhood and will embark on a \$575 million expansion this year. Pellicci's Italian restaurant is family-owned since 1947.

SOUTH END

The South End of Stamford is rapidly growing due to recent development. Surrounded by water on three sides, most of the neighborhood has been designated as the South End Historic District which is listed on the National Register of Historic Places. The South End includes gourmet restaurants, residences, and businesses.

NORTH STAMFORD

There is a large shopping district near North Stamford and also nearby on Newfield Avenue, and in downtown Springdale. North Stamford is also home to science and nature museums.

Over the years, Stamford's neighborhoods have grown and changed to meet the needs of its residents and visitors.

Stamford is made up of approximately 45 distinct neighborhoods, including 2 historic districts. Stamford possesses four islands in Long Island Sound: Grass Island, Greenway Island, Jack Island and Vincent Island.

Population

Stamford's population is 122,643, a 4.7% increase over 2000. The population density is 3,101.9 people per square mile.

Age and gender

The proportion of the population under the age of 18 is 22.1%, from 18 to 24 is 7.4%, from 25 to 44 is 35.0%, from 45 to 64 is 21.7%, and 65 years of age or older is 13.8%. The median age was 36 years. 50.3% of Stamford's population is Female, while 49.3% is Male.

Stamford is the only large city in Connecticut with significant population growth over the last 18 years with 12,000 new residents since 1990 and 5,000 new housing units. Stamford is projected to add up to 15,000 more residents over the next 10 years.



CITY OF STAMFORD, CONNECTICUT
OFFICE OF ECONOMIC DEVELOPMENT
888 WASHINGTON BOULEVARD, STAMFORD, CT 06901
203-977-5089 www.stamfordct.gov/economic-development